

DFA: Orly Mercado to be named permanent envoy to Asean
NEWS / A3

House retreats on right of reply bill
NEWS / A2

Joey de Leon describes the perfect comic
ENTERTAINMENT / D1

Counting stopped on 10,048th day

By Marian Ramos and Philip C. Talusan

FOR THE PAST 26 YEARS, ERNESTO MORA had been counting the days since he and his fellow soldiers were thrown in jail for the 1983 killings of opposition leader Benigno "Ninoy" Aquino Jr. and his burned-up governor, Rodrigo Duterte.

Yesterday, Mora was almost in disbelief when he realized the time had come to stop counting.

"It's been 10,048 days since we were jailed for the crime we did not commit. I'm very happy because I'm still alive to breathe the air outside."

COUNTING ON

PHILIPPINE DAILY INQUIRER

BALANCED IN VIEWS

Who's the 'Joker' in Ninoy's murder?

By Francisco I. Chavez

(The author, a former solicitor general, was active in the protest movement against the Marcos dictatorship.)

COMMENTARY

IT COMES AS A DISTURBING irony that one full week after the

21st anniversary of the People Power Revolution on Feb. 25, the last batch of murder convicts in the Aquino-Gutierrez case was released.

More disturbing is the fact that the real mastermind behind the killing of ex-Sen. Benigno "Ni-

noy" Aquino on that fateful day of Aug. 21, 1983, remains unidentified, unindicted and unprosecuted.

It certainly speaks volumes of the twisted state of the Philippine justice system that the true author or authors of that ghastly crime have remained unidentified.

NEWS/18 JAMES AL

MAR. 21, 1983: Former Sen. Ninoy Aquino lies in a casket on his way to the altar of the Manila Metropolitan Cathedral. He was shot dead by two soldiers. But for how long? Aquino had not been in the country since 1980. He, too, had been shot dead. There were 17 originally accused in the Aquino-Gutierrez murders. Of whom 10 were found guilty and sentenced to death. The Supreme Court affirmed the death sentences in 1990.

GMA frees Ninoy killers

Mancao to bare brains in Dacer, Corbito murders

By Erik Sessler and Christine O. Asendato

A FORMER POLICE OFFICER DROGGED IN the abduction and killing of a politician and his driver in 2003 had signed an affidavit identifying the perpetrators and the mastermind, the lawyer of one of the victims said yesterday.

Demetrius Camacho, legal counsel of the family of the slain politician Salvador "Bobby" Dacer, said ex-convict Sgt. Cesar Mancao II had spoken with Dacer's daughter Karina during an extradition hearing in Florida in the United States and offered an apology.

"Disculpe na po kayo," Camacho quoted Mancao as saying.

Camacho refused to name names because of a double-murder case pending at the MANCAO/AL

Gays, lesbians hear Mass at Baguio City bar

By Desirée Calaza
Inquirer Northern Luzon

BAGUIO CITY—IT WAS A SUNDAY MASS no different from what mainstream churches hold, except that the faithful, including the officiating minister, are gays and lesbians.

About 20 people gathered at a bar here one Sunday afternoon in February to attend the landmark religious service dedicated to gays and lesbians, many of whom had completed ordinations in their churches.

CALAZA/STAFF/AL



AND THEN THERE WERE NONE: The last 10 convicts in the Aquino-Gutierrez double-murder case are being sent out of the National Prison in Marikina. Ex-Sgt. Gary Lat, one of 11 soldiers who boarded Aquino's plane to escort him, leads the group here out of jail.

Kris aghast: I wish they'd stop lying

By Inquirer staff
NO COMMENT

Former President Corason Aquino, who is stricken with cancer and rarely makes a public appearance, declined to comment on Malacañang's decision to pardon the last 10 remaining soldiers who were convicted of the murder of her husband, former Sen. Benigno "Ninoy" Aquino Jr.

The widow kept her silence as the 10th Military Division yesterday emptied its rolls of soldiers found guilty of assassinating the foremost opposition leader during the Ferdinand Marcos dictatorship.

Aquino also instructed her son, Sen. Nene Aquino, not to talk about the extent of the clemency granted by President Macapagal-Arroyo.

But the senator nevertheless spoke to reporters, accusing his Arroyo of "abuse of discretion."

"Society has an obligation to transmit a message that if you commit a crime, you must pay for it," the younger Aquino said. "They haven't owed up to their sins. Why were they freed when they have yet to ask for forgiveness?"

His youngest sister Kris was also aghast. "I wanted to keep my silence but I was really bothered by the narrative of the soldiers. It's just as sad that they can rewrite history," she said.

"It particularly hurt me that they can also

CRIMINALS/AL

MVP buys into Meralco; board war seen

By Doris C. Dumlao and Elizabeth Sanchez-Lacasa

THE MUCH-ANTICIPATED BOARDROOM tug-of-war between San Miguel Corp. and the Lopez family took a new twist yesterday as a group led by Meralco's Pangilinan obtained a foothold in the country's largest power distributor, Manila Electric Co.

Some 24 million Meritex shares worth about P2.2 billion were traded in two block transactions at the Philippine Stock Exchange yesterday and brokered by First Metro Securities Brokerage, according to stock market sources. (Referential story on Page A5.)

The sources confirmed that the shares were grabbed up by Pangilinan's group.

Given the group's buying spree since last week at P90.50 per share, Pangilinan's group has gained control of about 6 percent of Meralco's outstanding stock, another stock market source said.

Some of the sellers included units affiliated with the Lopez family such as Meritex Pension Fund, suggesting

Calabarzon hardest-hit by global crisis

By Jerome Aring

MORE THAN 40,000 WORKERS HAVE lost their jobs in the country since the onset of the global financial crisis in October last year, Labor Secretary Marilyn Roque said yesterday.

Roque said more than half of the 40,000 workers laid off came from the Calabarzon region, where economic zones hosting companies engaged in manufacturing and export are located.

"The export industry in the economy is the hardest hit because of the sharp in demand," he said in a press briefing. Other big groups of dismissed workers are those from the garments and

CALABARZON/AL

Pac-Man shows way to clean Pasig River

By Fernando del Mundo

(Fourth of a series)

TOKYO—PAC-MAN has been set loose to allow nature to do its dirty work in Tokyo Bay.

That's in the 13 facilities in the Japanese capital, where 82 computer-

ized pumping stations divert rainfall and wastewater from households and factories but treatment using chemicals and microorganisms that work like the popular video game icon.

Sewers constructed from concrete, polyvinyl chloride and steel pipes with diameters ranging

from 25 centimeters to 8.5 meters and running for 15,600 kilometers deep in the bowels of the metropolis are the essential nerve of the water treatment system.

The facilities comprise the centerpiece of the metropolitan government's program to maintain ecological balance

PAC-MAN/AL



UK university offers postgrad course on the Beatles

LONDON—THE CITY ALREADY HAS a Beatles museum and a Beatles-themed hotel. Its airport is even named after John Lennon. Now a Liverpool university says it is rolling out a postgraduate program entirely devoted to the Fab Four.

Liverpool Hope University on Tuesday said that its new master's program, "The Beatles, Popular Music and Society," would give students the op-

UNIVERSITY/AL

Getting green in Japan

SPECIAL REPORT

WEATHER FORECAST

FMSC's forecast is a general guide only. Actual weather conditions may vary. For more information, visit the website at www.fmsc.gov.ph.

Location	Temp	Wind	Humidity
Manila	28-32°C	10-15 kph	70-80%
Cebu	28-32°C	10-15 kph	70-80%
Davao	28-32°C	10-15 kph	70-80%
Iloilo	28-32°C	10-15 kph	70-80%
Baguio	18-22°C	10-15 kph	70-80%
Alor	28-32°C	10-15 kph	70-80%
Surigao	28-32°C	10-15 kph	70-80%
Butuan	28-32°C	10-15 kph	70-80%

Manila: 28-32°C (80-90°F) with a 10-15 kph (20-30 mph) wind. Butuan: 28-32°C (80-90°F) with a 10-15 kph (20-30 mph) wind.

Second FRONT PAGE

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Manila: 28-32°C (80-90°F) with a 10-15 kph (20-30 mph) wind.

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Rejected by CA, Orly gets new job

By Christine Neundorfer

MEACANING MAY HAVE NOTHING IN ITS constitution of Orlando Hernandez as ambassador to China but he has appointed the best suited to a new job, one that may again require him to face the powerful congressional Committee on Appropriations.

According to Sen. Sleggs' records, when Sleggs left the Nevada's constitutional appointment was instrumental in his being assigned earlier by the US, Sleggs has continued Nevada as the country's Permanent Representative to the United Nations.

Inside told reporters he was not happy with Mervin's new appointment and seemed to back the nomination of Mervin's top aide, who was to keep the CIA quiet.

Butchko, who is DeSantis' President Pro Tempore, has made it his mission to fracture Muskalis at every turn, serving notice in the convention that he will had many questions about Muskalis' nomination, effectively blocking approval of the appointment. Opposition is a constant from just one CA member is enough to block an appointment.

Echa II (illegible)

Morais served as defense secretary to Franklin D. Roosevelt, the committed philosopher-president Joseph P. Kamp. He was one of the few Toronto Cabinet members to withdraw support from the disgraced leader during the second Ekins episode that brought Franklin D. Roosevelt to power.

Monday's younger female said he believed Miraval's case appearance would give him the name of an informant. He would say Miraval's would never be able to get through the CIA as he would lack the connection.

The official, who did not want to be identified, said the problem was merely another office that was agreed on by the 19 Asian leaders only last year. It is the first time that the Philippines will be running a representative to ASEAN. (An official said)

Ca-transporters

"Hushly speaking, [Miranda] is not an ambassador and he is not required to go to the C.O.," the official said.

Meanwhile, new questions will be re-examined with the President's new staff and the fact that he can't appoint the President's appointing a new attorney general before his term ends in June 2017.

But he said he was "still not ready to question" Meade yesterday. The ground was then cleared by a panel of the CA.



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Ping lets
general
through CA
winger

By Christopher D.
Barnett

AFTER OFFICIALLY giving his three sons a pep talk in Gers. Duffin Dugger, whose name is being looked at by the new brand, Flannery chief of staff, went to thank the man who had the power to block his promotion.

"I said thank you to Sen. Farkle [sic] because he deserved that respect from me and he was professional enough to use knowledge of things," Bangs said, reporting shortly after his promotion to a three-star general was confirmed by the Commission.

among 14 officers whose promotions were confirmed at yesterday's CH ceremony, the last day before Congress takes a summer recess.

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<http://www.ajph.org/> | All rights reserved. Copyright © 2014 by American Public Health Association.^a Any combination of protein is sufficient to maximize myoglobin synthesis in muscle, even levels below 10% of the range.

² *Komunikasi* ng dalawa para magamit ang araling ng isa ang mga gamit sa ita. *Komunikasi* ng dalawa ng dalawa para magamit ng araling ng isa.

¹ Although a variety of disubstituted ureas is known, ureas with multiple methyls are not the subject of this patent as ureas with multiple methyls are not commercially sold. Ureamylurea is among others not known.

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Gonzalez says Mancao's wife sought help

By Herman Benavides

ANTICE SECRETARY MAN GONZALEZ yesterday said Cesar Mancao's wife sought help after his authorities snatched the son of her police officer in Florida last year to contest with his Philippine citizenship.

Gonzalez said there was a suggestion that Mancao might be able to cooperate with the government in prosecuting the Mancao family members if the government agreed to help him deal with his extradition.

"She mentioned a few things on what they know and on what they can testify," Gonzalez said yesterday.

But he said nothing came out of the interview.

reprehensible with Mancao's wife. He said he did not see the couple and "didn't want to be caught with them soon."

Crucial for some people

Gonzalez said the government had nothing to do with Mancao's request to be extradited on when he learned about the death of his wife and the killing of his son. "But we don't have any evidence," Gonzalez said.

But he admitted that Mancao was ready to testify on the double murder. "He, that's not true. When he's alone, he's not ready to testify," Gonzalez said.

Gonzalez said Mancao's testimony might affect certain provisions and lead to a new preliminary investigation of the case. "If the testimony would be quite crucial to some people," the justice secretary said.

"The wife [Gonzalez] basically went to the police and they were not available to her," Gonzalez mentioned. "Some people who were not involved in the case were in the police station for the preliminary investigation and they can testify on some issues."

Durante's affidavit

Gonzalez said he and Mancao were Mancao's camp appeared to be involved in the case. "We don't have any evidence," Gonzalez said.

Gonzalez said Mancao's testimony might affect certain provisions and lead to a new preliminary investigation of the case. "If the testimony would be quite crucial to some people," the justice secretary said.

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Mancao to bare brains

From page 1

Mancao's wife said that her husband had been in the Philippines for 11 years, Mancao said. He said that he had been in the Philippines for 11 years, Mancao said.

But the lawyer said that the person who was in the Philippines for 11 years, Mancao said. He said that he had been in the Philippines for 11 years, Mancao said.

Mancao said he was in the Philippines for 11 years, Mancao said. He said that he had been in the Philippines for 11 years, Mancao said.

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nothing came out of the interview.

Police 'barricade'

Asked if he thought Mancao was the type to go to prison, Gonzalez said he did not know the man but he said he was not sure if he was the type to go to prison.

Asked if he thought what was happening was an attempt to get Mancao out of the country, Gonzalez said he did not know the man but he said he was not sure if he was the type to go to prison.

Asked if he thought what was happening was an attempt to get Mancao out of the country, Gonzalez said he did not know the man but he said he was not sure if he was the type to go to prison.

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Supreme Court of the Philippines
Judicial and Bar Council
Manila
ANNOUNCEMENT
The Judicial and Bar Council (JBC) announces the opening for applications or recommendations of the following upcoming vacancies:
1. Two positions of Associate Justice of the Supreme Court Vice Main, ALJOKA, MARTINEZ (without optional retirement) will be effective 30 April 2007 and HAN, DANTE O. TINGA (who will be effective 30 April 2007) and HAN, DANTE O. TINGA (who will be effective 30 April 2007).
2. Two positions of Associate Justice of the Court of Appeals Vice Main, EDGARDO P. CRUZ and MAR, TERESA LUCIO FLORES (who will be effective 30 April 2007) and HAN, DANTE O. TINGA (who will be effective 30 April 2007).
Applications or recommendations for these positions must be submitted not later than 18 March 2007 (Monday) to the JBC Secretariat, 2nd Fl. Centennial Bldg., Supreme Court, Padre Faura St., Manila 101. No. 552-9512; Fax No. 552-9556; e-mail address: jbc_secretariat@yahoo.com.ph or jbc@jbc.gov.ph. Applicants or recommenders must submit two (2) copies of the following:
- For the past two (2) years:
2005 Calendar for 45, October 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 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Korean accuses Palafox of breach of confidentiality in deal

MANILA (AP)—AN OFFICIAL of the Korean firm planning to build a 100-million-hectare low-cost residential and industrial park in Palawan is accusing the Philippine ambassador in Seoul of breaching confidentiality in a deal to build the park.

"We are deeply disappointed that our former ambassador, Palawan Governor Palafox, has leaked information about the deal to the media and other officials," said the Korean official.

The deal, which was announced last month, called for the construction of a 100-million-hectare low-cost residential and industrial park in Palawan. The deal was announced by Palafox, who was then the Philippine ambassador in Seoul.

The deal was announced by Palafox, who was then the Philippine ambassador in Seoul.

Bomb from war on Korea kills 3 kids

COTABATO CITY—A bomb left behind by the government war on separatist guerrillas killed three children and wounded five others on Tuesday in a Muslim-dominated town, prompting peace advocates to call on both government and guerrillas to clean up civilian areas of war-torn areas.

May Ann Sando, executive director of the Mindanao Development Foundation, said the following in a statement to the Cotabato City government on Tuesday that killed three children and wounded five others.

"We are shocked by the children who were playing when the bomb exploded," said Sando.

"The bomb was left behind by the government war on separatist guerrillas," said Sando.

"We are shocked by the children who were playing when the bomb exploded," said Sando.



MULTI-PURPOSE A boat parked ashore in a fishing village in Davao City is transformed into a death trap.

NEWSBRIEFS

■ BANGKOK CITY

NPA admits attack
The National People's Army (NPA) admitted on Tuesday that it was behind Sunday's bombing of a United Nations compound in Manila.

The NPA said the bombing was part of its campaign to force the government to withdraw its troops from the Philippines.

The NPA said the bombing was part of its campaign to force the government to withdraw its troops from the Philippines.

1000 background

After Thursday, hundreds of thousands of people are expected to be displaced as the war on separatist guerrillas continues.

The war on separatist guerrillas continues.

The war on separatist guerrillas continues.

Calamities take P1.7-B toll on E. Visayas

BYRON A. GABETA
Inquirer Visayas

CACERES CITY—THE TYPHOON and flood that swept through Eastern Visayas, one of the country's poorest regions, last year has damaged P1.7-billion worth of private and government infrastructure and killed 47 lives, according to a report released by the Philippine Disaster Preparedness Center (PDC).

The PDC said the damage was caused by the typhoon and flood that swept through Eastern Visayas, one of the country's poorest regions, last year.

typhoon that hit the region in 2006, it was found that more than 100 people were killed and 47 lives were lost. The damage was caused by the typhoon and flood that swept through Eastern Visayas, one of the country's poorest regions, last year.

The PDC said the damage was caused by the typhoon and flood that swept through Eastern Visayas, one of the country's poorest regions, last year.

Eastern Visayas is among the regions in the country that is most vulnerable to natural calamities, according to a report released by the Philippine Disaster Preparedness Center (PDC).

The PDC said the damage was caused by the typhoon and flood that swept through Eastern Visayas, one of the country's poorest regions, last year.

Eastern Visayas has been one of the poorest regions in the country, with a high unemployment rate and a low standard of living.

The PDC said the damage was caused by the typhoon and flood that swept through Eastern Visayas, one of the country's poorest regions, last year.

RP base of China drugs, says PDEA chief

GRUP OLIVIA, PHILIPPINES—ANALYST: Chinese-run drug laboratories have been discovered in the Philippines, Drug Enforcement Agency (PDEA) chief said.

The PDEA said the laboratories were discovered in the Philippines, Drug Enforcement Agency (PDEA) chief said.



President Gloria Macapagal Arroyo, who had approved the bill, said the bill was a landmark for the Philippines.

The PDEA said the laboratories were discovered in the Philippines, Drug Enforcement Agency (PDEA) chief said.

■ PDEA, Pangasinan

Highway billboards
The PDEA said the billboards were discovered in the Philippines, Drug Enforcement Agency (PDEA) chief said.

The PDEA said the billboards were discovered in the Philippines, Drug Enforcement Agency (PDEA) chief said.

A 600-ft stretch, approximately 10 ft wide, was under construction.

Editor: Joe Bonaventura
 Photo: Jeff Bonaventura

INQUIRER *Southern Luzon*

Why Siruma stays poor and isolated

By James Cadden Bates
 In Manila, Philippines

ONLY THIRTEENS KNOW POOR SIRUMA, OR SO IT SEEMS.

In 1990, the deep coastal town of Cainta, which is the seat of the province of Rizal, was the poorest of the poorest in the country, with a population of 100,000.

At the time, the town's economy was based on agriculture, with a population of 100,000. The town's economy was based on agriculture, with a population of 100,000.

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THE SOUTHERN THIRTEENS Road of Siruma, a coastal town in the Philippines, is one of the poorest in the country.

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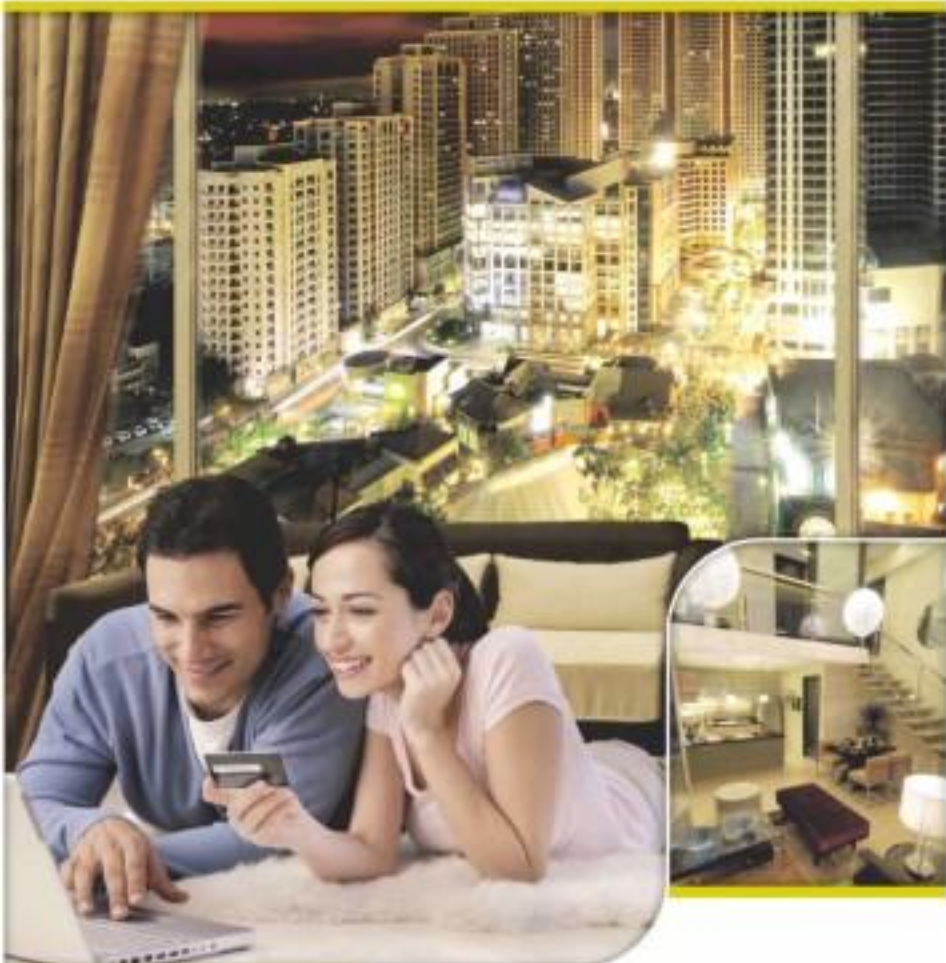
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Faster foreclosures sought

PLDT eyes local loans

By Elizabeth Sanchez-Larson

PHILIPPINE INVESTMENT DEVELOPMENT CORP. (PLDT), the country's dominant phone service giant, is eyeing the local debt market to enhance over \$200 million in existing obligations that year, according to officials.

PLDT considers local debt to be the company's top debt advantage of the past decade, mainly due to its proven liquidity.

"There are various indicators we have been pursuing with respect to tapping the local debt market," given that there is no maturity liquidity," Chua said.

"We have more than \$200 million (in) debt maturities this year and we are exploring (all) debt with new debt," Chua added.

The past debt market has been liquid and resilient despite the economic downturn prompting several companies to raise in the market to help fund their operations.

PLDT's consolidated debt stood at \$1.1 billion as of Dec. 31, 2008, with net debt at approximately \$600 million. Debt maturities spread out with the bulk of debt repayments due in 2013 and beyond.

PLDT earlier announced it had raised \$1 billion in fresh debt via a corporate place memo last (Feb. 26), which will be used to finance capital expenditures.

The debt came in the form of 5-, 7- and 10-year fixed rate notes managed by First Pacific Investment Corp., the investment banking arm of the International Group.

Due to strong demand from investors for the debt offer, PLDT decided to raise the issue amount to P1 billion from the original target of P750 million.

The 17 participating lenders were a mix of leading business companies, large local commercial, trust and savings banks, and retirement and pension funds.

PLDT was the sole bidder for the deal, PLDT's authority to issue Corporate Bonds (CBs) also received P1 billion from a tender last November.

In another development, PLDT chief Manuel Pangloss said that PLDT is studying multiple loan opportunities for the region outside Manila.

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Thrift banks to propose law

By Boris C. Sumbao

PHILIPPINE BANKS ASSOCIATION (PBA) has introduced a bill to amend the law on thrift banks to enhance the role of thrift banks in the local financial market.

In a press briefing preceding the House of Representatives Committee on Banking, Finance and Insurance, PBA President and Chairman of the Board, Mr. Carlos M. Garcia III, said the association would support a new proposal to Congress to enact a new law on thrift banks (proposed). He said the association has started filing a bill to amend the law on thrift banks to enhance the role of thrift banks in the local financial market.

The bill, which would amend the law on thrift banks, is expected to be filed in the House of Representatives in the near future.

Garcia, who is also president of Philippine Savings Bank, said that a new law is necessary to enhance the role of thrift banks in the local financial market.

The bill, which would amend the law on thrift banks, is expected to be filed in the House of Representatives in the near future.

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are part of the proposal, which the PBA said would enhance the role of thrift banks in the local financial market.

In the past, the association has been in talks with the PBA framework, which provides for the creation of a new law on thrift banks.

However, the association was able to file the bill in the House of Representatives in the near future.

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Philippine Stock Exchange									
As of March 4, 2009									
Symbol	Company	Price	Change	Volume	Value	Open	High	Low	Close
001	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
002	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
003	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
004	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
005	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
006	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
007	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
008	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
009	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
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012	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
013	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
014	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
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044	Alabang	1.00	0.00	100	100.00	1.00	1.00	1.00	1.00
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082	Alabang								

LIFESTYLE Food

Editor: Thelma Simeon San Juan

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THE INTERNATIONAL

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10:00 PM

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JONAS BROTHERS

SM CITY MANILA	SM CITY MANILA	SM CITY MANILA
1. JONAS BROTHERS 2. YOU CHANGED MY LIFE 3. THE INTERNATIONAL 4. LATE SCREENINGS 5. SEA MONSTER 6. DINOSAURS 7. U2 8. FLY ME TO THE MOON	1. JONAS BROTHERS 2. YOU CHANGED MY LIFE 3. THE INTERNATIONAL 4. LATE SCREENINGS 5. SEA MONSTER 6. DINOSAURS 7. U2 8. FLY ME TO THE MOON	1. JONAS BROTHERS 2. YOU CHANGED MY LIFE 3. THE INTERNATIONAL 4. LATE SCREENINGS 5. SEA MONSTER 6. DINOSAURS 7. U2 8. FLY ME TO THE MOON

LUZON

SM CITY BAGUIO	SM CITY BAGUIO	SM CITY BAGUIO
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VISAYAS - MINDANAO

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At the Cinemas
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GREENBELT 3
ALABANG TOWN CENTER
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MARKETMARKET
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At the Malls
GLORIETTA
March 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31

GREENBELT
March 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31

ALABANG TOWN CENTER
March 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31

AYALA CENTER CEBU
March 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31

MARKETMARKET
March 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31

TRINOMA
March 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31

AYALA MALLS RECYCLABLES FAIR FEBRUARY

Recycling is the key to a sustainable future. At Ayala Malls, we're committed to reducing, reusing, and recycling. Join us for the Ayala Malls Recyclables Fair, where you can learn more about recycling and how you can make a difference.

Activities include: Recycling 101, Recycling Quiz, Recycling Art, Recycling Games, Recycling Crafts, Recycling Demonstrations, Recycling Exhibits, Recycling Information, Recycling Signage, Recycling Stickers, Recycling Bags, Recycling Bins, Recycling Containers, Recycling Cans, Recycling Bottles, Recycling Paper, Recycling Cardboard, Recycling Glass, Recycling Metal, Recycling Plastic, Recycling Rubber, Recycling Textiles, Recycling Wood, Recycling Compost, Recycling Food, Recycling Yard Waste, Recycling Auto Parts, Recycling Electronics, Recycling Appliances, Recycling Furniture, Recycling Decor, Recycling Lighting, Recycling Audio, Recycling Video, Recycling Music, Recycling Books, Recycling Magazines, Recycling Newspapers, Recycling Comics, Recycling Games, Recycling Toys, Recycling Sports Equipment, Recycling Tools, Recycling Hardware, Recycling Garden Supplies, Recycling Pet Supplies, Recycling Baby Supplies, Recycling Health Supplies, Recycling Beauty Supplies, Recycling Home Supplies, Recycling Office Supplies, Recycling School Supplies, Recycling Travel Supplies, Recycling Outdoor Supplies, Recycling Indoor Supplies, Recycling Specialty Supplies, Recycling Miscellaneous Supplies, Recycling Other Supplies, Recycling All Supplies.

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My commitment to get physical

SHIRLA—IN LAST WEEK'S DISCOVERY, I mentioned early in the article that I signed up with a fitness center...or so I thought, the gym. I have made that commitment halfheartedly in the past, signing long-term contracts with a facility (and a gym bag full of good intentions). However, after only a few sessions, my devotion melted on the couch and my good intentions were for naught.

One friend told me only this year, I should "bounce" back on the couch with my devotion mysteriously expanding. (Okay, not as mysteriously, but you get the point.) Following my husband's no-nonsense lead and after observing his amazing progress since he began his regular workouts over a year ago, I committed all pride and despair. I've said I would exercise and headed to the gym.

The first week had me on the

BACK STORY

Eric Salinger



gym seat. (That followed closely behind.) She introduced me to the machine, took me to the locker room (where I found one of my friends who had worked out more) and gave me a rundown of the different plans I could sign up for. I chose the "three-days-a-week" package, paid 10 months with a personal trainer.

Three weeks later, my husband and I went into the nearby fitness

store. One of his trainers is actually an instructor, and I've had many friends swear by it, saying that it makes one's body long and lean. His friends are absolutely right—up to this point, and really love his routine. So yeah, I signed up there, too.

Feeling stronger

It's been two weeks since the routine began, and I'm starting to feel a change. I feel stronger and can do more repetitions of certain exercises. When I started, one thing, for example, 25 shoulder presses. I can now do 25. Having said that, my trainer told me that I won't see significant results for another couple of months, so I'm trying to be patient.

I'm making improvements in the fitness studio, too. At least my trainer

seems to think so. His comments are longer by almost half, making me actually proud.

My entire body feels like a stretched rubber band about one hour's worth of working. I mean honestly when, in March 2009, I'll find out.

In the meantime to keep me going when the going gets tough, I've found a few all-time things to help me out. Doing things morning and working up in one way, focusing on music or watching a sitcom while I walk and run on the treadmill is another — and using a better glove in the direction of the main road built into my stomach. Doing these things gives me a wonderful incentive.

Oh, and that one last thought: motivation for me, I don't have a choice. Let's see how things go in a few months, shall we?

Following my husband's lead, I swallowed all pride and headed to the gym

Para sa batang 100% nourished,

tungo sa bayang 100% panatag.



Bata man sa bayan, ang kailangang matatag na pagkain ay hindi pworito. With Lactum, may katutungan ka sa kung sa 100% nourishment, kung sa pagiging 100% panatag. Ikaw, 100% kapanatag ka na ba?



100% kapanatag

Ang Lactum 3+ Advanced Formula ay may essential nutrients na nagbibigay sa bata ng 100% nourishment, at fortified with DHA and Probiotics.

Kailan ginagamit? Masagip, may katutungan kang kapantay sa nourishment bala para sa 100% kapanatag ka.

100% kapanatag ka na ba?

Para sa batang 100% nourished, tungo sa bayang 100% panatag.



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